



Latching Tips for the Hospital

While breastfeeding, it is important for your baby to latch firmly. When getting your baby to latch on:

- Alert the nursery staff if your baby is spitting up often
- Make sure your baby is fully awake before beginning to feed
- Put your nipple to the baby's nose to encourage a wide-latch
- Readjust your baby's position if their latching causes you pain
- Roll your nipple to help pull it out
- Squeeze out drops of colostrum from your nipple for the baby to smell and taste. Colostrum is a thick, immunity-rich liquid that will be sufficient for your baby until your milk comes in a few days after birth
- Use a nipple shield if your nipple doesn't stay erect

Monitoring Diapers

Monitoring your baby's diapers can help you check for any health warning signs. Your baby should have one to three dirty diapers per day. The waste may appear black, green or yellow and may be watery. Warning signs to watch out for include:

- Increased yellowing of the skin
- No wet diapers within 12 hours
- Orange dust in the diaper
- Refusal to feed

If you experience any of the issues above, give your baby a 1/2 oz. of formula and call your pediatrician immediately.



Support Every Step of the Way

The BSA Lactation Consultants are here to help you every step of the way during your journey through breastfeeding. If you have any questions or concerns, call the BSA Breastfeeding Hotline at 806-212-5548.

We also offer a free breastfeeding support group where new moms can network and learn tips to help them through their journey. To join the support group, register online at bsahs.org/breastfeeding-support-group.



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BREASTFEEDING BASICS



Your Stay at BSA

Breastfeeding is a great way to provide a variety of nutrients to your baby that will help keep them healthy. If you are a first time breastfeeding mom, learning how and when to breastfeed can be tricky.

The First 24 Hours after Delivery

Your new bundle of joy will be very sleepy for the first 24 hours after birth, especially between their first and second feeding. You should feed every two to three hours, for a total of 8-10 feedings a day.

If your baby is sleeping when it is time to feed, try one of the following techniques to get them awake and ready:

- Change their diaper
- Lay them against your bare skin
- Rub their feet
- Talk to them gently
- Unwrap them from their swaddle



Feeding Cues

Your baby will give you feeding cues when they are hungry which may include:

- Acting restless
- Chewing on their fists
- Rooting around and making tongue motions
- Short, low-pitched cries that rise and fall

If at any point your baby displays any of these feeding cues, nurse them until they show signs of being full. Signs of being full may include your baby releasing the nipple or relaxing their fist.

While your baby is learning to breastfeed, avoid using bottles or pacifiers. This can confuse your baby and they may hide feeding cues.

Feeding Positions

You can feed from three different positions: the cradle/cross-cradle, the football hold and the side-lying position. BSA Lactation Consultants are available to help you find a position that works best for you and your baby.

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Bringing Your Baby Home

Bringing your baby home will be a very exciting step for your family and you will notice changes with how your baby breastfeeds. During this time, if you have any questions or concerns, please call the BSA Breastfeeding Hotline at 806-212-5548.

Nursing the First Few Days after Delivery

Your milk will begin coming in within three to four days after you deliver. During the first few days, your breasts will be firm and feel warm. Your baby will notice your milk coming in and may feed longer and more frequently for the first few days of milk production.

Once your baby adjusts to the milk supply, they will begin nursing for shorter periods of time, fill up faster and seem more satisfied after each feeding.

Your Milk Supply

There are several things you can do to help your body produce more milk, including:

- Avoid bottle feeding
- Avoid taking Sudafed or birth control pills that contain estrogen
- Avoid using pacifiers
- Feed 8-12 times every day

Latching Tips for Home

As you produce more milk, your baby may experience difficulty latching due to your breasts being too full.

To help with latching:

- Don't skip feedings
- Pump a small amount of milk out of the breast so that it isn't full
- Take a warm bath or shower to help soften your areolas
- Use cold compresses after feeding to decrease swelling